

Wellbeing (3/7)

To what extent do you agree or disagree with each of the following statements?

I feel I am free to decide for myself how to live my life

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

In my daily life, I seldom have time to do the things I really enjoy

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

In my daily life I get very little chance to show how capable I am

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

I love learning new things

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

Most days I feel a sense of accomplishment from what I do

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

I like planning and preparing for the future

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

When things go wrong in my life, it generally takes me a long time to get back to normal

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

My life involves a lot of physical activity

☐ Disagree strongly ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Agree strongly

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